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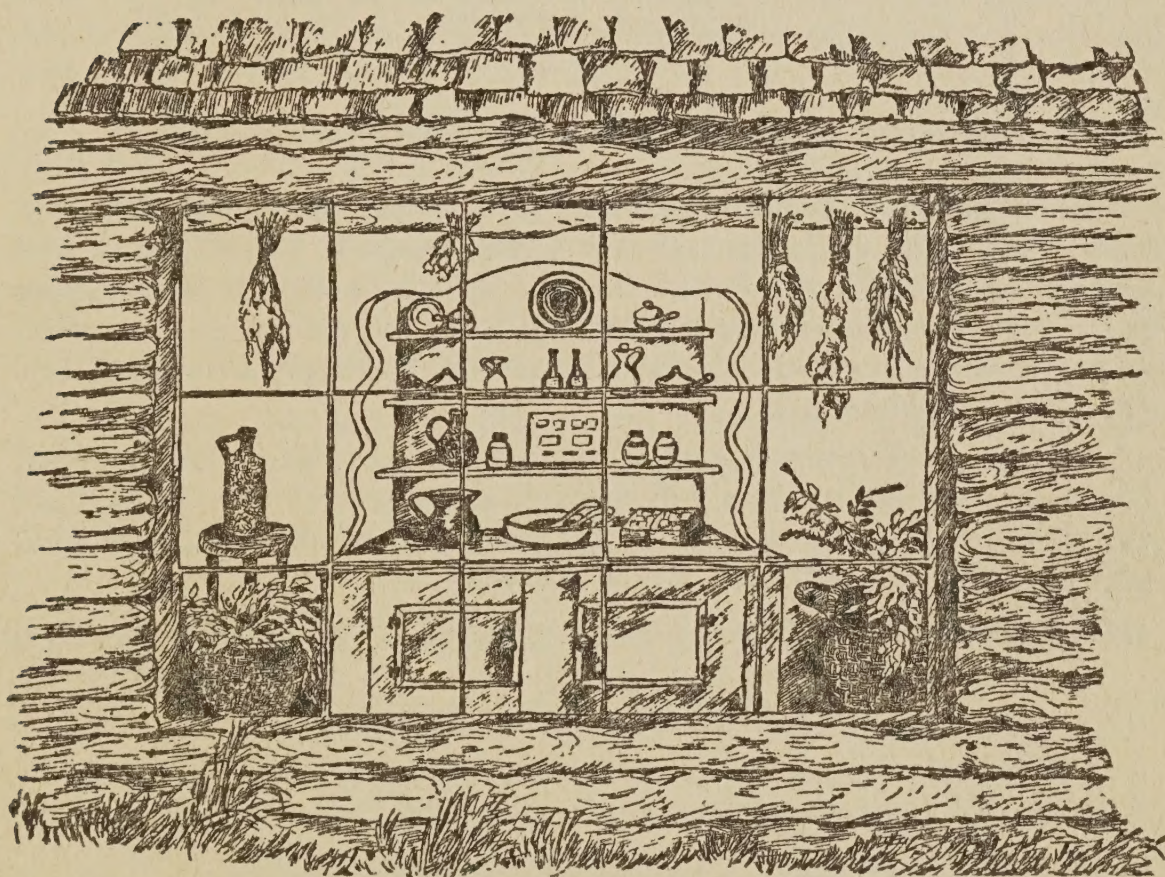
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U. S. Department of Agriculture

# Herb - Grower's Handbook

*A Complete Seed List  
with Growing and Drying Information*



**LAUREL HILL HERB FARM**

Box No. 1

MORRISTOWN, NEW JERSEY



# INTRODUCE YOUR FRIENDS TO HERBS

*Laurel Hill Herb Farm*  
**HERB SAMPLER**

**WASTE NOT — WANT NOT**

**FINES HERBS**  
For omelets aux fines Herbes, salads, tomato juice, cheese dishes, meat loaf, egg salad, scalloped potatoes.

**WASTE NOT — WANT NOT**  
Ten new flavors to enhance your favorite dishes, to give life to listless leftovers, to glamorize the all important vitamins. Used alone or in endless combinations herbs are first aid to the housewife planning an adequate diet with plenty of appetite appeal. Nutrition experts applaud the modern way to conserve and complement food with old-fashioned, home-grown, Laurel Hill herbs.

**EACH SAVORY PACKET HOLDS ENOUGH SEASONING MAGIC TO GIVE ZEST TO SEVERAL DISHES. — A PLACE IN EVERY KITCHEN.**

*Larger quantities of herbs may be ordered from LAUREL HILL HERB FARM, Box No. 1, Morristown, New Jersey.*

**SAVORY HERBS**  
A perfect blend for spicing curing beans, stew, vegetable salad, soup, dried beans.

**SWEET BASIL**  
That special flavor in canned tomatoes, cheese and meatloaf dishes, pork, tomato juice.

**SUMMER SAVORY**  
Called the bean herb for its affinity to string beans. Add to salads, soups, legumes, chicken dressing.

**THYME**  
Improves all meats, stews, clam chowder, tomato soup, salads, baked chicken, beef, omelette, pork loaf. Use sparingly.

**SEASONING HERBS**  
Just the thing for poultry dressing, lima beans, pork, meat, cottage cheese spread.

**APPLE MINT**  
Lends a fresh piquancy to peas, glazed carrots, new potatoes, mint sauce, tea, lamb chops, apple sauce.

**PARSLEY**  
At last a dried parsley with a fresh flavor. For garnishing and flavoring meats, fish, potatoes, omelettes and salads.

**ROSEMARY**  
Luscious proofed in olive made in a roast of veal or lamb before cooking, biscuits, chicken and soup.

Ten generous packets of *Laurel Hill* herbs appliqued on a gay herb chart. Lift a fragrant packet from its sunny yellow frame and underneath you'll find a list of foods in which to use the herb. Hang the pretty Sampler on the kitchen wall and when the envelopes are empty it will serve as a colorful reminder of the many uses for *Laurel Hill* herbs in glass jars.

An original and welcome Christmas card or gift, bridge prize or hostess remembrance. You will want to order several to have on hand for that special occasion and one for your own kitchen. Enclose your gift card and we will mail direct postpaid.

*HERB SAMPLER with ten packets of herbs      Fifty cents complete*

## HERB SEED POT-POURRI

Giant surprise packet of more than a score of easily grown herbs. A sweet and fragrant mystery garden for a dry, sunny spot. 10c

## CULINARY HERB GARDEN SPECIAL

One packet each of Anise, Sweet Basil, Salad Burnet, Chervil Dill, Sweet Fennel, Sweet Marjoram, Parsley, Sage and Summer Savory. A versatile collection of seasonings to be planted near the kitchen door or in the vegetable garden. \$1.00



## PLEASE NOTE BEFORE ORDERING

Order all seeds as early as possible since supplies of certain varieties are limited. Five percent discount on all SEED orders received before March 1st. All seeds are sent postpaid. Cash, stamps, money order or check for full amount should accompany each order.

We have endeavored to grow and ship only the very best seed. Each variety is carefully tested for germination before shipment. However, we give no warranty, expressed or implied, as to description, quality, productiveness or any other matter of seeds we sell and will not be responsible for the crop.

Since we have devoted all our facilities to the production of good herb seed, we have discontinued the shipment of herb plants. Due to unfavorable weather conditions, there are many varieties that we are unable to list for general sale this year, however, we do have a small quantity of other herb seeds than are mentioned in the following pages. We invite your requests for such rare seeds and comments as to how various varieties grow in your particular section of the country.

Wishing you an enjoyable season with your Herb Garden and hoping that we may continue to supply you with the best in Fresh Herb Seed.

BUNNY AND PHIL FOSTER

LAUREL HILL HERB FARM

Box 1

Morristown, New Jersey



## GROWING HERBS FROM SEED

**T**WO factors must be considered in choosing a site for planting herbs, sun and drainage. Full sun and perfect drainage are essential for most varieties. Mints, Lemon Balm, Sweet Cicely and Chervil stand the heat of summer best in part shade but they can be grown in the sun.

Natives of hot, dry lands, herbs contain more flavor-bearing oils if the soil is not rich. Excessive fertility develops lush foliage with a low essential oil content. In fact, organic fertilizer should never be applied to the Mint bed for it harbors a fungus which causes a destructive rust on Mint leaves. But as a class herbs are remarkably free from disease and insect attack.

Seeds may be sown in the open in well spaded, smoothly raked, friable ground. The fine grains should be covered with a depth of screened soil from twice to four times the diameter of the seed. Very light seed such as Chervil is sprinkled on top of the ground and firmed in with a smooth board. When the garden is moist in the spring no watering is necessary for germination. Herbs never require watering except after transplanting. Shallow cultivation after every rain will conserve the moisture in the soil.

Annuals or biennials of the Parsley family should be seeded where plants are to remain. The deep tap roots of Anise, Caraway and Coriander are apt to be broken in transplanting. Herbs of the Mint family such as Sweet Basil, Sage, Sweet Marjoram and Thyme will germinate better and mature earlier if they are started in flats in a greenhouse or hot bed and set out when the ground is warm. Tender Rosemary, Lemon Verbena and Pineapple Sage and the true French Tarragon, which almost never sets seed, are propagated by cuttings or root divisions. All seedlings should be thinned to stand six to ten inches apart. Bushy second year perennials may need eighteen inches or two feet between them.

Herbs planted in rows or borders in the vegetable garden seem to improve the flavor of the vegetables and their antiseptic odors help to discourage insect pests. A small sunny corner bed near the kitchen door is an ideal situation for culinary herbs. It will be most convenient to be able to reach out and pluck a few seasoning herbs while dinner is cooking. However, if you have more space to devote to herb gardening, a sunny rectangle laid out with flagstone, brick or grass paths and beds bordered with Hyssop, Germander, or Santolina will be a fragrant



spot on a hot summer day. The silvery and green foliage of the herbs seems to frost the heat. A low stone wall or hedge about the garden seems to hold the sweet scents within bounds. As one passes through the gate one is greeted by a pot-pourri of rich aromas.

An herb garden holds its charm all through the season. There are no between flowering doldrums as the foliage is more colorful and interesting than the blossoms. Long after killing frost emerald green Parsley, bronze Summer Savory adrift with tiny white blossoms, lavender and grey Nepeta mussini and bright blue Hyssop offer delights for the palate and the eye.

When you have discovered how really easy it is to grow a good collection of herbs, and have explored their culinary pleasures, you will wonder why you have not grown them before. Herbs combine all the joys of the flower garden and the practical value of the vegetable patch.

The following list of the principal herbs and some more unusual ones gives specific direction for the successful cultivation of each. The sketches that accompany the text show the true leaves and the cotyledons or seedling leaves that first break through the soil.

AMBROSIA—Jerusalem Oak, Feather Geranium, *Chenopodium botrys*.



Family: *Chenopodiaceae*.

USES: Fragrant foliage and blossoms used in flower arrangements.

DESCRIPTION: Bronzy young leaves, shaped like oak leaves, are soon hidden by two foot feathery sprays of minute wind-fertilized blossoms without petals. Yellowish-green flowers, leaves and stems are covered with glandular hairs which secrete a richly

scented oil.

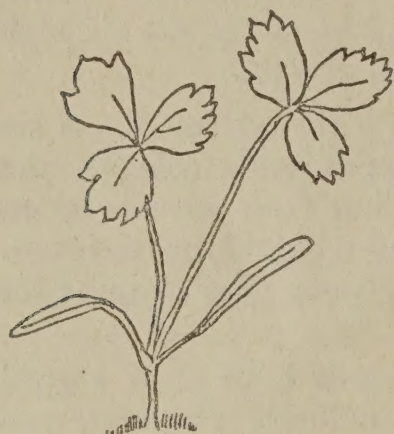
CULTIVATION: A native annual of Europe and Asia, Ambrosia thrives in ordinary, dry soil in a sunny spot. Sprinkle the fine seed on top of the ground in the spring. It is not an unwelcome foundling when it self-sows, for the arching plumes fill in bare spots with an airy grace. The blossoms offer a green, aromatic, long-lasting background for flower arrangements.

Ambrosia

.15 packet



ANGELICA—*Angelica archangelica*. Family: *Umbelliferae*.



USES: Roots, leaves and seeds used since ancient times as a remedy for colds, aid to digestion, relief for shortness of breath, eye troubles, dog bites, wounds and gout. The hollow stalks are candied for decorating cakes, they may be added to stewed rhubarb jam for a novel tang. The essential oil is an ingredient in Vermouth and Chartreuse.

DESCRIPTION: Handsome much-cut leaves sometimes measure three feet wide with toothed edges tipped with gold. Smooth tubular stems have an intriguing spicy flavor especially palatable when candied.

CULTIVATION: If possible sow seed as soon as ripe in August or September. However, they may be started in the spring and transplanted to a permanent place two feet apart while still small. Angelica reaches a height of six feet in shady, rich, slightly acid loam. Plants die after producing large umbels of yellowish white blossoms. If the flowering stems are cut back to the ground before the buds appear the plants will be perennial. Spray regularly if aphids attack the umbels of ripening seeds.

Angelica

.25 packet

ANISE—*Pimpinella anisum*. Family: *Umbelliferae*.



USES: Seeds used for flavoring cakes, cookies and apple-sauce. Liqueur Anisette is made from the essential oil. The Romans ate spiced cakes made with Anise at the end of a sumptuous meal to promote digestion. Leaves are a delicate addition to green salad. Ground Aniseed is often used to scent the sugar syrup used in bee-lining.

DESCRIPTION: Bright green, round, toothed basal leaves are surmounted by linear leaflets on eighteen inch flowering stems. Anise is an annual with umbels of lacey blossoms of pure white.



**CULTIVATION:** Plant seed in the open, when the ground is thoroughly warm in May, where plants are to remain. Transplanting retards growth which may mean losing the seeds to frost as they take about two months to ripen. The blossoms at the end of June are followed by grey, licorice-flavored seeds. Seedlings should be thinned to stand about six inches apart. Hilling or tying up the slender stems will keep the heavy seed heads from being pinned down by mud after each rain.

Anise

.15 packet

**SWEET BASIL**—*Ocimum Basilicum*. Family: *Labiatae*.



**USES:** Culinary herb of rich clove-like flavor that enhances tomatoes, salads and stews.

**DESCRIPTION:** Basil is one of the most delightful herbs in all its diverse forms from the large Lettuce-leaf Basil, with wrinkled, glabrous leaves sometimes three inches broad, to the diminutive Bush Basil with leaves not more than one half inch in size. Sweet Basil is so popular with the Italians that they put a leaf in every can of tomatoes and tomato paste. There is an old saying that any youth who accepts a sprig of Basil from a maid will love her forever. The bright, green, oval leaves are dotted with tiny oil glands which release a spicy aroma when the plant is disturbed. The stiff candalaria-like flowering stems reach three feet and are studded with whorls of white blossoms in August and September. The conspicuous hairy calices are shaped like a medieval head-dress.

Sweet Basil

.10 packet

**BUSH BASIL**—*Ocimum minimum*, is a choice variety with miniature, light-green leaves and a good flavor. It forms a dainty little bush with dense clusters of small oval leaves that give the plant a well trimmed look. A fine edging plant as it rarely grows more than a foot in height and has a neat compact habit.

Bush Basil

.25 packet

**PURPLE BUSH BASIL**—*Ocimum minimum purpureum*, is a dwarf type of the Purple Basil not more than twelve inches tall. The leaves are as small as the Bush Basil but the shape is not as appealing. Blossoms are pinkish, leaves and calices deep purple, scent not strong.

Purple Bush Basil

.25 packet



**HOLY BASIL**—*Ocimum sanctum*, has dull serrated leaves and the whole plant is covered with glandular hairs. It reaches two feet in height and possesses a characteristic pungent odor which becomes very sweet when the plant is dry. The bees seem to gather only pollen from the pinkish blossoms, perhaps the scent is too carrion for their taste. In India this Basil is sacred to Vishnu and a pot of it is kept in every temple.



Holy Basil

.15 packet

**PURPLE BASIL**—*Ocimum purpureum*, is a decorative form with deep-purple leaves and pinkish flowers. When in blossom, the calyx and stem retain the rich hue but the leaf often becomes streaked with green.

Purple Basil

.15 packet

**LEMON BASIL**—*Ocimum sp.*, is a new arrival from Thailand where the seeds are used like Flax seeds for their mucilaginous quality when moist. The delightful lemon scent and flavor are fast making this variety the most popular of the Basils. The foliage seems to be more delicate than Sweet Basil, lighter green in color, leaves dull and narrower, slightly irregular. The white blossoms and opposite leaves are more widely spaced which gives a loose, graceful aspect. Fine shining hairs cover the under sides of the leaves and become a quarter of an inch long on the calyx. Flowers earlier than all the other Basils and several cuttings of leaf tips may be gathered in a season.



**CULTIVATION:** All varieties of Basil are annuals. Seed should not be planted in the open until the ground is thoroughly warm. In northern sections, where the season is short, plants may be started in a greenhouse or hot bed and set out with ten inches between seedlings. Seeds germinate in from two days inside to two weeks in the ground. Cut leaves for drying in July before plants start to bloom. A second cutting may be gathered in about a month if the weather is not too dry. Tender and succulent Basils need more moisture than most herbs and are the first to suffer from frost.

Lemon Basil

.25 packet



LEMON BALM—*Melissa officinalis*. Family: *Labiatae*.



USES: Leaves used in teas, fruit drinks, sachets.

DESCRIPTION: Hardy perennial with rounded, heavily veined, light-green leaves. Small mint-like white flowers in axillary whorls are more conspicuous when they are only bright yellow buds. Lush, spreading two-foot tall foliage mingles with, but does not crowd its neighbors. Whole plant is redolent with a lemony scent.

CULTIVATION: Slow-germinating seed may be sown in the spring or fall in well-prepared soil in flats or in the garden. Keep thoroughly moist until seedlings appear. Once plants are established they may be propagated by root divisions. Weedy looking seed heads should be trimmed back to encourage new leaf growth.

Lemon Balm

.25 packet

BERMAGOT—Bee Balm, Oswego tea, *Monarda didyma*. Family: *Labiatae*.

USES: Leaves used in tea.

DESCRIPTION: Tall, hardy perennial with showy tubular blossoms which match the ruby throat of the hummingbird, its constant visitor. The lovely Wild Bergamot, *Monarda fistulosa*, has similar blossoms of a more artistic, clear-lavender shade. The foliage is delightfully aromatic with light-green tips accenting the dark, oval leaves.

CULTIVATION: Adaptable to sun or shade, Bergamot plants may be started from seed or root divisions in the early spring. Roots and runners should be covered with a compost mulch during the winter.

Wild Bergamot

.15 packet



**BORAGE**—Gurkenkraut, *Borago officinalis*. Family: *Boraginaceae*.



**USES:** Young leaves used in salads, and beverages. Flowers as a confection and garnish. Good bee forage.

**DESCRIPTION:** Rather coarse fat leaves are a surprising contrast to the exquisite heavenly-blue star flowers which nod above them. The dense silvery pubescence makes clumps of pink and blue-flowering Borage appear from the distance to be surrounded by a lavender haze. The leaves used to be put in wine cups as a symbol of mirth and courage, as well as for their cool piquancy.

**CULTIVATION:** So easy to grow from seed that, although it is an annual, Borage need be planted only once. Sturdy volunteers will provide blossoms until November and a new bed in the spring.

Borage

.15 packet

**BURNET**—Salad Burnet, *Sanguisorba minor*. Family: *Rosaceae*.



**USES:** Cucumber-flavored leaves delightful in salads.

**DESCRIPTION:** Charming rosettes of toothed leaves, varying in hue from blue-green to lime, stay verdant all through the winter. The curious thimble-shaped blossoms are tipped with rosy, tufted stigmas and bearded with drooping, yellow or white filaments. A dainty, attractive plant for borders or any well-drained, sunny spot.

**CULTIVATION:** Sow seed early in the spring or fall. Transplant only when young. Self-sown seedlings may be set out, at least a foot apart, to take the place of old plants which may die off.

Burnet

.15 packet



CALENDULA—Pot Marigold, *Calendula officinalis*. Family: *Compositae*.

USES: Petals used to color butter, cheese, custards and sauces. A yellow dye was obtained from the flowers which were also used as a tea to hasten the eruption of measles.

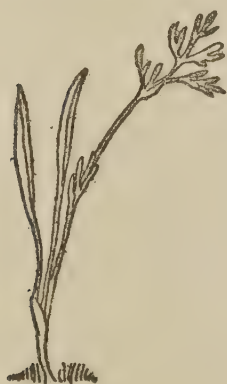
DESCRIPTION: Light green, bushy annual reaching about eighteen inches in height, crowned with showy golden flowers all summer. Dense rows of flat petals surround the center disc florets. The branching fuzzy stems bear widely alternate clasping leaves. A long-time favorite for annual and cutting gardens, the Pot Marigold makes a bright spot of color in the herb garden and offers abundant material for bouquets.

CULTIVATION: Seed, sown in the spring, germinates readily in a warm sunny location. Plants must be thinned to stand six to ten inches apart. If the blossoms are kept cut they will continue flowering from June until September. The flower heads may be dried for coloring food and pot-pourris. Spread the individual petals out on clean paper in an airy place out of the sun. They should be dried quickly without touching each other lest they become discolored. When thoroughly crisp, store in air-tight containers away from the light.

Calendula

.15 packet

CARAWAY—*Carum carvi*. Family: *Umbelliferae*.



USES: Seeds used on rye bread, cookies and to flavor liqueurs.

DESCRIPTION: The first year Caraway makes only a low feathery green mound, similar to carrot tops. In May of the second year, two or three-foot tall flowering spikes shoot up, topped with shining white umbels of miniature flowers. After the seeds ripen the plant dies.

CULTIVATION: Seed may be sown from early spring to mid-August. Spring sowings, however, produce the thriftiest plants. Keep cultivated, weeded and thin plants to stand about eighteen inches apart. It is possible but not advisable to transplant small seedlings. The best plants are those seeded where they are to remain.

Caraway

.10 packet



CATNIP—*Nepeta cataria*. Family: *Labiatae*.



USES: The dried leaves are used in a healthful tea. Aromatic scent of the whole plant is fascinating to cats.

DESCRIPTION: Perennial three foot tall herb with downy heart-shaped leaves. Flowers in densely whorled spikes of pinkish lavender.

CULTIVATION: Easily grown from seed sown in the spring. Withstands a dry sunny location better than most mints. Cut back seed heads for second flowering. Self-sows readily and requires no attention to thrive for many years.

Catnip

.15 packet

CHAMOMILE—Roman Chamomile, *Anthemis nobilis*. Family: *Compositae*.



USES: Dried blossoms make a soothing amber tea. An infusion of Chamomile is a brightening rinse for blond and light brown hair. According to an old belief, Chamomile plants increased the health of the garden. If a plant was drooping and sickly, placing a Chamomile plant near it was sure to revive it.

DESCRIPTION: Bright green, finely-cut tufts of leaves. White-rayed yellow, daisy-like blossoms are born on erect, leafless foot-high stems. Blooms profusely from early in July until September. Entire plant has a fresh antiseptic odor. Fall germinating volunteers make an emerald patch in the herb garden all through the winter. They may be weeded out or transplanted in the spring.

CULTIVATION: A fine ground cover for a dry, sunny spot which may be seeded in the spring and kept cut as turf. German Chamomile, *Matricaria chamomilla*, is similar in appearance but self-sows so widely that it soon becomes a weed. It has an unpleasant, bitter flavor.

Chamomile

.20 packet



**CHERVIL**—*Anthriscus cerefolium*. Family: *Umbelliferae*.



**USES:** Leaves make a dainty aromatic garnish far more delicate than parsley. An ingredient in Fines Herbes, indispensable to salads.

**DESCRIPTION:** Finely-cut leaves topped with lacey umbels of minute white blossoms. Runs quickly to seed in warm weather so buds should be cut back to encourage leaf growth. Reaches one foot in height in partial shade.

**CULTIVATION:** Seed may be sown in early spring or fall. Leaves become sun-burned in midsummer unless the bed is moist and shaded. Though Chervil is an annual, the largest, sturdiest specimens are obtained by planting seed in the fall and covering the small plants lightly over the winter. Before the last spring frost the lush emerald leaves are ready for cutting. The light seed germinates best if covered lightly or not at all and should be sown where plants are to remain. When established in a favorable place, Chervil will usually seed itself for many years.

Chervil

.25 packet

**CHIVES**—*Allium schoenoprasum*. Family: *Liliaceae*.

**USES:** Mild onion-flavored leaves used in omelets, cheese spread, mashed potatoes and salads.

**DESCRIPTION:** Hardy perennial clusters of small bulbs with slender, tubular leaves and showy pompons of lavender flowers. Blossom stems reach one foot in height and too often are sacrificed for the leaves. To enjoy both, merely cut back the seed heads after flowering in June to stimulate new growth of leaves for seasoning.

**CULTIVATION:** Seed in rich garden soil in spring or late summer. Seedlings need not be thinned as the dense clumps are divided every second or third year.

Chives

.15 packet



**CORIANDER**—*Coriandrum sativum*. Family: *Umbelliferae*.



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**USES:** Seeds used for spicing cookies, hot breads, coffee, confections, liqueurs and curry powder.

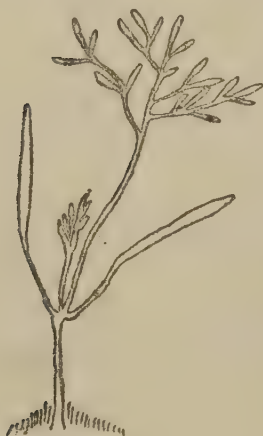
**DESCRIPTION:** A slight, little annual with rounded basal leaves similar to Anise which become linear at the top of the eighteen inch stems. Flat umbels of extremely pretty pale-mauve blossoms. The acrid smell of the foliage does not suggest the pleasing fragrance of the ripe fruits. The seeds are crushed before using in cooking and improve in flavor the longer

**CULTIVATION:** Easily grown annual to be sown where plants are to remain. Matures early and fat brown seeds may be harvested in the middle of July. One of the earliest flowers in the herb garden.

Coriander

.10 packet

**DILL**—*Anethum graveolens*. Family: *Umbelliferae*.



**USES:** Leaves make a piquant seasoning for fish, potatoes, salads and sauces. Seeds flavor cakes, rye bread, pastries, and pickles.

**DESCRIPTION:** Dill is a three foot tall annual with feathery much-segmented leaves and yellow, umbelliferous flowers. Flat light-brown seeds start to ripen soon after blossoms open.

**CULTIVATION:** Sow in shallow drills, thin to stand ten inches apart. Dill is of such easy culture and rapid growth that several sowings will be desired to provide leaves all summer.

Dill

.10 packet



ELECAMPAGNE—Horseheal, Wild Sunflower, *Inula helenium*. Family: *Compositae*.

USES: Helen of Troy was supposed to have carried a leaf of this herb with her when she fled with Paris. Root is used in medicine and liqueurs.

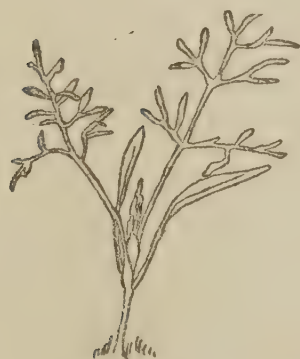
DESCRIPTION: A hardy perennial with huge, handsome basal leaves which grow in precise, outward single folds. This neat characteristic keeps this herb from usurping the garden as it has many four foot tall flowering stalks. The clear yellow terminal heads have halos of slender wide-set yellow petals about the dense center florets.

CULTIVATION: Plants may be started from seed in early spring in flats or seed bed. Set out seedlings with at least eighteen inches between them. Seems to thrive in dry or moist soil in sun or part shade.

Elecampagne

.25 packet

FENNEL—Sweet Fennel, *Foeniculum vulgare*. Family: *Umbelliferae*.



USES: Seeds make a pungent tea, season bread and puddings. The Russians use the leaves as a garnish for salads, boiled potatoes and fish.

DESCRIPTION: A perennial which must be treated as an annual in this climate. Reaching five to six feet in height, Fennel is coarser than Dill which it resembles and blooms much later. The whole plant has a strong, licorice flavor. Fenchio or Florence Fennel has shorter stems, swollen at the base, which are hilled up and eaten like celery.

CULTIVATION: Sow seed in early spring in full sun. Thin or transplant to twelve inches apart. Keep well in the background near a fence or wall to give support to the branching stalks made top-heavy by the golden umbels. Seeds do not ripen until October.

Sweet Fennel

.10 packet



FLAX—*Linum usitatissimum*. Family: *Linacea*.



USES: An ancient and most useful plant to which there is little waste. Linseed oil is expressed from the ripe seeds which leaves a mucilaginous cake useful for cattle feed or may be ground up into linseed meal so valued for poultices. The fibrous stems are the source of linen thread. The whole seeds are made into a soothing tea for their mucilaginous content which acts as a demulcent.

DESCRIPTION: A slender, unbranching annual reaching three to four feet in height with blue-green, lance-shaped sessile leaves. The loose corymbs of pale-blue flowers which open singly last only until noon but the plants keep on blossoming for two or three months. The leaves are longer and more sharply pointed than the perennial garden Blue Flax, *Linum perenne*. The azure corollas are smaller and streaked with dark blue with five matching blue anthers. The round seed pod contains ten flat, shiny brown, oval seeds with pointed ends.

CULTIVATION: Flax matures very rapidly and thrives in rich moist soil. It is often used in agriculture as a catch crop to follow winter crops. The seed is sown thickly in shallow drills in full sun. Seedlings are not thinned out as the tall unbranching stalks must crowd together for support. The woody pith of the stems is surrounded by thousands of individual fibres measuring not more than a thousandth of an inch in diameter. These were made ready for spinning into fine linen thread in Colonial days by several tedious hand processes called rippling, retting and putting through a flax-brake and several sizes of fine combs. The plants were pulled up when the leaves became yellow and dried for several days. They were then drawn through a coarse iron ripple comb to break off the seed capsules which were gathered for making linseed oil and meal. The stalks were tied in bunches and placed in a wooden crib in a shallow stream until the fibres softened. After this retting the bundles were dried once more and pounded in the flax-brake to remove the woody center pith. After passing through several sizes of heavy combs the long fibres were ready for spinning. Although

few herb-gardeners would know how to use grandmother's spinning wheel, this dainty annual plant should have a place in the garden for its delicate blooms and useful seeds.

Flax

.15 packet

HOREHOUND—*Marrubium vulgare*. Family: *Labiatae*.



USES: Preparations for treating coughs and asthma are made from the leaves. Horehound candy is made by boiling down the fresh plant with sugar.

DESCRIPTION: Rounded, wrinkled hoary leaves of hot and dry taste and smell. White mint-like blossoms in dense axillary whorls are born on foot-long, branching stems.

CULTIVATION: A hardy perennial easily grown from seed in the poorest, driest soil. Sow in the spring in flats or rows and transplant to stand about twelve inches asunder. The grey, downy foliage cuts well for long-lasting bouquets.

Horehound

.15 packet

HORSEMINT—Spotted Monarda, American Horsemint, *Monarda punctata*. Family: *Labiatae*.

USES: Volatile oil used medicinally. Flowers and foliage are delightful for cutting.

DESCRIPTION: The synonym Spotted Monarda is much more worthy of the striking beauty of this herb than the name Horsemint. It is a perennial with dark, ovate leaves on erect stems reaching three feet in height. The showy blossoms are arranged in whorls surrounded by large purplish bracts. The tubular corollas are yellow, spotted with rose and purple, like tiny orchids.

CULTIVATION: Start seeds in flats or seed bed and transplant to stand one foot apart. Slow-growing first year plants hug the ground. Protect during the winter by heaping earth over the roots.

Horsemint

.15 packet



HYSSOP—*Hyssopus officinalis*. Family: *Labiatae*.



USES: An old medicinal herb that is sometimes used for seasoning but the pungency is too strong and bitter for most tastes.

DESCRIPTION: Two-foot tall, hardy, bushy perennial with a profusion of deep-blue flowering spikes. A fine bee forage for it blossoms from early in July until November. There is no more satisfactory edging plant than Hyssop whether it is allowed to bloom or kept clipped like box. Pink and white flowering varieties

are rare and delightful companions to the blue.

CULTIVATION: Sow seed in garden or seed bed. Thin or transplant to twelve inches apart. In the shade Hyssop becomes lax and decumbent. Prune old wood back to the roots in the spring.

|              |            |
|--------------|------------|
| Blue Hyssop  | .15 packet |
| Pink Hyssop  | .15 packet |
| White Hyssop | .25 packet |

LAMBS EARS—Woundwort, Woolly Betony, *Stachys lanata*. Family: *Labiatae*.

USES: Old medicinal herb greatly cherished as a charm against evil spirits.

DESCRIPTION: The purple blossoms are born on foot high, felty, square stems. A fine border plant for the grey, wooly leaves form a dense mat.

CULTIVATION: Seed in flats or seed bed and set out ten inches apart in the garden. Mature plants may be propagated by layerings and root divisions.

|             |            |
|-------------|------------|
| Lamb's Ears | .25 packet |
|-------------|------------|

LAVENDER—English Lavender, *Lavandula vera*. Family: *Labiatae*.

USES: Essential oil and dried flowers used in sachets and perfume.

DESCRIPTION: A grey, shrubby perennial about eighteen inches tall. The blunt, leafless flower spikes range from deep purple when in bud to pale lavender when fully opened. The shade varies with different plants and soil conditions. Plants should be covered with straw and leaves in winter as they are often tender in northern sections. Spike Lavender has broader leaves, branching flower stalks and is generally not as hardy as English Lavender.

**CULTIVATION:** Slow-growing Lavender may be started from seed in flats in a greenhouse or hot bed in the spring. Transplant seedlings to a dry, sunny, sheltered spot. The addition of limestone to the soil improves the vigor and fragrance of the plants. Flowers should be cut for drying just before the buds open.

Lavender

.25 packet

**LEEK**—*Allium porrum*. Family: *Liliaceae*.

**USES:** Old-fashioned pot herb whose bulbous bases are used in soups, stews and salads. The young stalks may be boiled to be eaten like asparagus.

**DESCRIPTION:** A perennial of the onion family with long flat leaves about two inches in width forming a whitish bulb at the base. The leafless flowering stem reaches two feet in height and bears one dense round ball of small purplish blossoms. As the blossom opens the enveloping leaf splits but remains attached in a peaked fold which gives the flower the appearance of wearing a slightly rakish nightcap. The flavor is milder than the onion but makes a piquant and rich addition to stews and potato soup.

**CULTIVATION:** Seed may be sown in the spring or fall. The grass-like seedlings are transplanted and hilled up slightly when they become four to six inches tall. Plants remain in an edible condition for a long time and may even be left in the ground over the winter. Spring sown plants are ready for use in late summer, winter and spring. A fall sowing will provide bulbs for the following mid-summer and early fall. A very satisfactory *Allium* because it is so easily raised from seed. New plants should be started every year.

Leek

.10 packet

**LOVAGE**—*Levisticum officinalis*. Family: *Umbelliferae*.

**USES:** Leaves used in soups, salads and meats.

**DESCRIPTION:** Bright, glabrous green leaves born on erect, hollow, perennial stems which reach five feet in height. Yellow flower umbels followed by brown seeds which are attractive to birds. The leaves and stalks have a rich pungency, reminiscent of celery and curry, which is very delightful for seasoning.

**CULTIVATION:** Sow seed in spring or fall in a sunny, moist bed. Thin to stand at least twelve inches apart. Plants are very hardy and thrive for many years with little attention except cutting back to the roots in the fall.

Lovage

.25 packet



MARJORAM, SWEET—Knotted Marjoram, *Majorana hortensis*. Family: *Labiatae*.



USES: Leaves valued for flavoring eggs, salads, meats and soups.

DESCRIPTION: A very choice little, grey, soft, round-leaved herb with a warm pleasing taste. Curious knobby buds and white flowers account for the name Knotted Marjoram. Plants form neat bushes not more than ten inches high.

CULTIVATION: A tender perennial which must be treated as an annual in the north. Plants may be taken inside for the winter where they become graceful, trailing house plants. Use sterile soil or a layer of sphagnum moss over the soil when sowing the tiny seeds which are especially subject to damping off. When seedlings develop four true leaves they may be pricked off. When the ground is warm they should be set out six inches apart. Old plants may be divided at any time or propagated by cuttings. They will live over the winter if bedded down with straw in a very deep cold frame. Oregano, much used in spaghetti, is the dried leaves of a species of wild Marjoram, *Origanum*, which is native in Mexico and Spain.

Sweet Marjoram

.25 packet

MARJORAM, POT—*Majorana onites*. Family: *Labiatae*.



USES: An ancient herb used for medicine and as a dye for woolen cloth.

DESCRIPTION: Spreading, hardy perennial with rounded leaves and eighteen inch tall corymbs of pink blossoms and rosy bracts. The long flowering period and graceful casual habit make this herb a good choice for a sunny rock garden or dry wall.

CULTIVATION: Easier to grow than Sweet Marjoram from seed sown in the open. Plants may be divided by means of spreading roots in the spring.

Pot Marjoram

.10 packet

NEPT—*Nepeta mussini*. Family: *Labiatae*.

USES: Aromatic rock garden or edging plant.

DESCRIPTION: Grey, wrinkled leaves in low perennial mats covered with lavender flowers in June. If seed heads are cut off, plants will bloom until November.

CULTIVATION: Sow seed in the garden in full sun and thin to stand six inches apart.

Nept

.25 packet

PARSLEY—*Petroselinum crispum*. Family: *Umbelliferae*.



USES: Garnish and seasoning. Rich source of vitamins A and C.

DESCRIPTION: Curly leaved Parsley makes a trim border for the vegetable or herb garden. Flat leaved Italian Parsley has a stronger flavor for using in cooking and drying.

CULTIVATION: Sow slow-germinating seeds in early spring. Mix the seed with that of Radishes to mark the row. When Radishes are pulled Parsley will just be coming up.

Curly Parsley

.10 packet

Flat-leaved Parsley

.10 packet

PENNYROYAL—English Pennyroyal, *Mentha pelugium*. Family: *Labiatae*.

USES: Medicinal herb also used to discourage ants and fleas.

DESCRIPTION: Prostrate square stems with opposite oval leaves about one half inch long. Erect six inch flowering stems are tiered with whorls of lavender blossoms.

CULTIVATION: Sow seed in moist soil. Plants may later be propagated by runners. When seedlings are a few inches high, they may be removed to a sunny, dry location where they will make a fine ground cover.

Pennyroyal

.25 packet



PERILLA—Beefsteak Plant, *Perilla frutescens crispa*. Family: *Labiatae*.



USES: Seeds yield a quick drying oil used in paint manufacture. Foliage makes handsome, long lasting bouquet material.

DESCRIPTION: Annual reaching three feet with large, wrinkled deep purple leaves with crisped margins. Racemes of light lavender blossoms in shining pubescent calices.

CULTIVATION: Germinates readily from seed sown in a dry, sunny location. Thin to stand twelve inches apart. Perilla's rich purple-bronze provides striking contrast to the silvery Artemisias.

Perilla

.15 packet

ROSEMARY—*Rosmarinus officinalis*. Family: *Labiatae*.



USES: Leaves valued for flavoring, sachet, moth preventative and tea. Essential oils important in perfumery and cosmetics.

DESCRIPTION: Lovely bushy herb with narrow, smooth, dark green leaves and woody resinous stems. Young plants resemble miniature evergreen trees. Pale blue and sometimes white bilabiate flowers crowd the axils of the previous season's growth. The rare prostrate

Rosemary, *Rosmarinus prostratus*, is a fast-growing, decumbent, arching, hoary-stemmed plant with narrower, grey leaves in dense clusters. More decorative than *Rosmarinus officinalis*, it has the same piney aromatic scent and flavor. A happy choice for the rock garden as it blooms in the garden in August as well as in February indoors.

CULTIVATION: Rosemary is a tender perennial which must be wintered inside in this climate. Plants may be kept growing in a cool, sunny window or stored in a dormant state in a cool cellar. If the roots do not freeze it may live over outside when set close to a warm south, cellar wall.

Rosemary

No seed available

RUE—Herb-of-grace, *Ruta graveolens*. Family: *Rutaceae*.

USES: An old medicinal herb considered to be very antiseptic. Bunches of Rue were hung on the benches of the docks to protect the court from the pestilence of the goals.

DESCRIPTION: Blue-green, round lobed, segmented leaves which are almost evergreen on this hardy perennial. The corymbs of greenish-yellow blossoms provide for the continuation of the species in a curious way. The wide-spread stamens alternately bend over the pistil which rises from an enlarged green ovary in the center to dust their pollen on the stigma in case no insect is attracted by the curious acrid odor.

CULTIVATION: Rue is a classic herb which enhances any garden with its lovely, thrifty, silvery blue foliage. It is easily grown from seed sown in the garden or seed bed and transplanted to allow twelve inches between mature plants.

Rue

.25 packet

SAFFRON—False Saffron, Safflower, *Carthamus tinctorius*. Family: *Compositae*.

USES: Yellow petals dried for coloring and flavoring rice.

DESCRIPTION: Tall annual to three feet with spiny leaves and thistle-like yellow blossoms. Curious white fruits look like teeth.

CULTIVATION: Sow seed in full sun where plants are to remain. Thin but do not transplant to stand ten inches asunder. The dried petals of this plant are widely used as a substitute for real Saffron which is the dried stigmas and styles of the autumn-flowering bulb, *Crocus sativus*.

Saffron

.15 packet

SAGE—*Salvia officinalis*. Family: *Labiatae*.



USES: A culinary herb which used to be highly regarded as a cure for colds, rheumatism and fevers. Its constant use was supposed to insure longevity. Babies were adorned with necklaces of twelve Sage leaves strung alternately with tags bearing the names of the twelve apostles which guarded against any discomfort while teething. Sage tea, a delicious amber brew, is preferred by the Chinese to their native product.

DESCRIPTION: The grey pebbled leaves of hardy perennial Sage linger on the two foot tall stems all



through the winter. Early in June the masses of purplish blossoms are a happy hunting ground for bees. First year plants sometimes flower in late August.

**CULTIVATION:** Sage germinates quickly from seed planted early in the open. Thin or transplant seedlings to stand eighteen inches apart in full sun. When gathering leaves for drying do not cut plants after August and always leave one or two branches to carry them through the winter. In the spring, old woody growth should be pruned back to the ground to encourage tender new leaves for drying.

Sage

.10 packet

**SAGE, CLARY—***Salvia sclarea*. Family: *Labiatae*.



**USES:** Leaves dipped in batter to make tasty fritters. The essential oil is a fixative in perfumes.

**DESCRIPTION:** A four foot tall, old-fashioned biennial with huge, heart-shaped, toothed, rugose leaves covered with velvety hairs. The shining spikes, of blue and white blossoms clasped in variegated bracts, rising above the leaves, give the plants the effect of maids in flounced hoop-skirts. The flowers emit an unforgettable pungent perfume.

**CULTIVATION:** Clary may be started from seed sown in the spring in the same way as *Salvia officinalis*. As plants die after flowering in the second year, new stock should be started each season for a succession of bloom.

Clary Sage

.25 packet

**SAVORY, WINTER—***Satureia montana*. Family: *Labiatae*.

**USES:** Leaves are used in the same manner as Summer Savory but do not have as fine and delicate flavor.

**DESCRIPTION:** Dwarf, hardy perennial, woody stemmed herb with short, dark-green, oblong leaves and small white blossoms.

**CULTIVATION:** Winter Savory is more difficult to grow from seed than Summer Savory. The seeds should be sown in specially prepared soil in a flat or seed bed. An easier method of propagation is by divisions of roots in the spring or cuttings from side shoots taken with a heel attached.

Winter Savory

.25 packet

SAVORY, SUMMER—Bohenkraut, *Satureia hortensis*. Family: *Labiatae*.



USES: Leaves used for flavoring beans, salads, meats, chicken and vegetables.

DESCRIPTION: A slender, branching annual to eighteen inches in height with small oval leaves of a fresh spicy flavor. In July the foliage turns a deep bronze. The drift of tiny, pinkish blossoms make the plants look as though they had been sprinkled with powdered sugar.

CULTIVATION: Germinates rapidly from seed sown outside. Thin to six inches apart, hill up slim stems, when leaf tips are first cut for drying at the end of June, to keep the plants from being dragged in the mud by the first heavy rain.

Summer Savory

.10 packet

SHALLOT—*Allium ascalonicum*. Family: *Liliaceae*.

USES: Cloves of bulbs are used like onions.

DESCRIPTION: Small bulbs consisting of several cloves similar to Garlic in appearance but far milder in flavor. Shallots are much used by the French in sauces. Leaves are light green and arise in small clumps from each reddish-brown bulb. They rarely flower but appear to be quite hardy in this climate.

CULTIVATION: Plant separate cloves in rich soil in the spring or in the fall like tulips. When the tops die down to the ground, the bulbs may be dug and stored in a cool place until needed.

Shallot

No seed available

SMALLAGE—Wild Celery, *Apium graveolens*. Family: *Umbelliferae*.

USES: Seeds and leaves used for seasoning.

DESCRIPTION: A variety of celery with strongly-flavored leaves and seeds which are used in soups, stews, meats and sauces. Yellowish leaves and umbels of small white flowers are born on hollow ribbed stalks which reach three feet in height.

CULTIVATION: To obtain seeds the first season, start plants inside. A biennial, Smallage needs rich, moist soil but not as much care as table celery.

Smallage

.15 packet



SESAME—Bene, *Sesamum indicum*. Family: *Pedaliaceae*.



USES: Seeds used in cookies, cakes and coffee-bread. Oil pressed from the seed is used as a cooking and salad oil.

DESCRIPTION: Attractive, tall annual with yellowish, slightly downy, oblong leaves and large tubular, pinkish-white flowers on the axils. The grooved seed capsule must have inspired the expression "Open Sesame" for they split open when ripe.

CULTIVATION: A native of the tropics, Sesame should not be planted until the ground is thoroughly warm. Sow seeds where plants are to remain and thin to stand ten inches apart.

Tie or stake up plants when they begin to flower. To collect the seeds cut the plants when the first capsule opens. Dry the heads in a brown paper bag until all the seeds may be shaken out of the open pods.

Sesame

.10 packet

SKIRRET—*Sium sisarum*. Family: *Umbelliferae*.

USES: Roots used as a vegetable like Parsnips.

DESCRIPTION: Shiny, toothed, pinnately compound leaves on three foot tall stems are topped with graceful white umbels.

CULTIVATION: To use the roots of this perennial herb, sow seed in the spring or fall in shallow drills. They may be dug as needed and stored for winter in sand or left in the ground like parsnips. Keep some plants in the herb garden for their attractive blossoms and leaves. The roots may be taken up and divided in the spring.

Skirret

.25 packet

SORREL—French Sorrel, *Rumex scutatus*. Family: *Polygonaceae*.

USES: Leaves used in soup, salad and cooked with spinach.

DESCRIPTION: Perennial herb with light-green, arrow-shaped leaves. Eighteen inches tall with panicles of reddish-brown blossoms.

CULTIVATION: Propagated by root divisions or seed sown in the spring. Leaves must be cut to keep plants from going to seed in mid-summer. In hot weather the leaves become rather bitter but improve in flavor with the return of cool nights of autumn.

French Sorrel

.15 packet

TANSY—*Tanacetum vulgare*. Family: *Compositae*.

USES: Leaves were used in olden days to rub on meat so that flies would not attack it. A pudding, similar to custard, flavored with Tansy was eaten on Easter.

DESCRIPTION: Aromatic, emerald-green perennial reaching three feet in height in cultivation. Cluster of flat yellow buttons and feathery leaves make long lasting bouquets.

CULTIVATION: A quick-spreading, hardy herb which can be gathered in meadows and roadsides. May be started from seed or divisions of creeping roots. Clumps should be thinned out every year lest they spread all over the garden.

Tansy

.15 packet

TARRAGON—French Tarragon, Little Dragon, Estragon, *Artemisia dracunculus*. Family: *Compositae*.

USES: Leaves highly prized for flavoring salads, chicken, fish and Tarragon vinegar.

DESCRIPTION: Low growing perennial with dark green, narrow, undivided leaves. Warm, rich characteristic tang distinguishes this variety from more robust but tasteless Russian Tarragon, *A dracunculus inodora*, which, however, is a very handsome plant reaching five feet in height.

CULTIVATION: Unlike Russian Tarragon, the French variety almost never sets seed so plants must be started from root divisions or cuttings. Give them a warm, dry location, cut back to the ground in the fall and cover with straw or leaves for the winter. Tarragon roots rot very quickly if the soil is not well drained. They may be divided in the spring but plants should not be disturbed oftener than every three years. Cut leaves for making vinegar in June. After midsummer the stems become woody and the leaves begin to brown. The volatile oils that provide the inimitable flavor are lost in drying but retained to a great extent when leaves are preserved in vinegar.

French Tarragon

No seed available



**THYME**—English Thyme, *Thymus vulgaris*. Family: *Labiatae*.

**USES:** Leaves used for flavoring and tea.

**DESCRIPTION:** Dwarf, shrubby perennial with woody stems and small aromatic leaves. The French thyme has more erect, grey, narrower leaves and seems to be more tender. Both varieties are valuable in the herb garden or rock garden for their almost evergreen foliage and dainty pink blossoms.

**CULTIVATION:** Sow fine seed in flats or seed bed. Do not let soil dry out or become soggy from over-watering before seeds germinate. When seedlings have four true leaves they are past the crucial stage, and may be transplanted. Both the culinary and the creeping Thymes prefer sandy, well-drained soil in the proximity of flat stones or bricks which hold the warmth. If the roots are mulched with dirt in the fall many side shoots will layer and may be set out as new plants in the spring.

English Thyme

.15 packet

**WORMWOOD**—Common Wormwood, Absinthe, *Artemisia absinthium*. Family: *Compositae*.



**USES:** Dried leaves used as a moth repellent. The volatile oil is used to make the liqueur Absinthe and also in patent medicines.

**DESCRIPTION:** Downy, silvery, much-cut leaves are topped by loose panicles of yellow flower heads on three foot stems in late summer. Extremely bitter taste and musty smell are typical of the genus which includes the soft, silvery, Fringed Wormwood, *A. frigida*, the feathery, spreading Roman Wormwood, *A. pontica*, the low white-leaved Beach Wormwood, *A. stelleriana*, and the decorative Silver King, *A. albula*.

Their silvery foliage is an arresting contrast to the greens and purples in the herb garden.

**CULTIVATION:** Seed of Common Wormwood may be sown in the open in spring or fall. Thin seedlings to stand at least twelve inches apart. Prefers a clay soil in partial shade but thrives under almost any conditions.

Wormwood

.25 packet



## HARVESTING THE HERBS

**H**ERBS, whose leaves are used for seasoning, may be dried for winter use in the following manner. The plants should be cut at the first sign of flower buds as the flavor of the leaves is most potent just before the blossoms open. The perennial varieties should not be clipped after the end of September, lest the roots perish in the winter without sufficient leaf growth to protect them.

Begin the harvest on a clear morning, as soon as the dew has dried, but before the hot sun begins to dissipate the flavor-bearing volatile oils. Cut the herbs with enough stem to tie in bunches. If they are to be dried on wire screens, merely clip the leafy tops, thus encouraging the plants to become bushy and produce a second cutting. Discard all withered or insect-eaten leaves. Wash thoroughly but carefully to avoid damaging the leaves. Basil becomes blackened if the leaves are bruised when they are green.

Spread the herbs thinly on a clean cover or wire screen in the sun for half an hour to dry off the excess water. Turn frequently; when the leaves are surface-dry, tie the woody stemmed herbs such as Sweet Marjoram, Sage, Savory and Thyme in loose bunches. Succulent Basil dries more quickly if the leaves are removed from the stems.

Hang the bunches in a dry, airy room or attic. If the drying room cannot be darkened, place paper bags, with the bottoms cut out, over the bunches. Light robs the dried herbs of color. Stemmed-leaves and flowers should be spread on wire or muslin trays which can be placed in a good current of air, well off the floor. As heat rises, they need to be near the ceiling and yet low enough for good circulation and daily turning of the leaves in the trays. When the humidity is low and the ventilation is good, herbs will dry in three or four days. In damp weather it may take two weeks for the leaves to become quite shrivelled. A little artificial heat, such as cool oven or home dehydrator where the temperature can be kept below 100 degrees F. will be needed to complete the drying. A greater heat will drive off the essential oils which evaporate quickly. A constant temperature of about 70 degrees F. should be maintained while the herbs are first drying.

When the leaves are bone dry, they may be stripped from the stems easily. To remove the large stems, rub through a coarse screen or sieve. Herbs may be ground in a mortar and resifted to remove all small stems or the whole leaves may be packed in dry, air-tight containers. Never store them in uncoated paper bags or cardboard boxes as the savory oils are absorbed by the paper.



Even in sealed glass or metal containers, herbs lose much of their flavor in a year. New supplies should be dried or purchased every fall to insure fresh flavorings for winter fare.

The drying process for seed herbs is quite different. They are not cut until the seeds are thoroughly ripe. Plants should be watched daily when the seeds become mature so that they may be gathered when they are dry and before they drop. A good test is to tap the stems to see if the seeds will fall.

When the seeds can be pulled off the heads easily and the weather is dry, they should be harvested at once. Cut the heads and spread on a clean sheet or light canvas. Threshing should be done on the grass so that the seeds will not be crushed from the blows of the flail. Usually the heads are dried in the sun for several days, taking them in at night, however, the umbelliferous herbs may often be threshed without preliminary drying. Light flat sticks or old-fashioned carpet beaters make good flails.

Small quantities of seed may be pulled off the umbels or rubbed out of the heads by hand. They are then passed through a screen to remove the stems. Some low-growing varieties such as Anise may need to be washed to remove mud-spatterings after screening.

Before they are bottled, seeds must be thoroughly dried for a week or two in the sun or a dry, airy place. They may be spread out on sheets or clean muslin which will permit the air to circulate through. When they are quite dry, seeds are stored in air-tight containers in the same way as leaf herbs.

The volatile oils of Salad Burnet, Chervil and Tarragon evaporate so quickly when they are dried that the best way to preserve them is to steep them in vinegar. The leaves are gathered and washed as for drying. The excess moisture is drained off, then the herbs are loosely packed in wide mouth jars which can be made air-tight. A good grade of white or wine vinegar is poured over them; jars are sealed and stored in a dark closet. In a few months the vinegar may be strained off to use as a condiment and in salad dressings. However, if the herbs are left in the vinegar, the French way, they may be chopped fine for seasoning dishes where the tang of vinegar would be unwelcome. Basil, Dill, Fennel and Mint also make delicious vinegar.

Small quantities of herbs may be dried in the refrigerator. Place the leaves on an uncovered plate under the freezing unit. In a few days the complete limpness of the leaves indicates that they are ready to be finished off in a cool oven. This novel method of dehydrating



keeps the true green color and characteristic flavor intact. All the other foods in the refrigerator should be tightly covered lest they be permeated with the aroma of herbs. To have really fresh herbs in winter quick-freeze small bunches wrapped in waxed paper in a below-zero freezing unit and store with the frozen vegetables in the cold chamber until ready to use.

## SUGGESTED READING LIST

Most well stocked Libraries include some of the following old and new books and pamphlets on herbs among their books on horticulture and cookery.

- The Book of Herb Cookery, by Irene Botsford Hoffman.
- Culinary Herbs and Condiments, by Mrs. M. Grieve.
- Culpepper's British Herbal Complete, by Nicholas Culpepper.
- Garden of Herbs, by Eleanour Sinclair Rohde.
- Gardening for Good Eating, by Helen M. Fox.
- Gardening with Herbs for Flavor and Fragrance, by Helen M. Fox.
- Green Enchantment, by Rosetta E. Clarkson
- The Herball or General Historie of Plantes, by John Gerard.
- Herbs and Herb Gardening, by Eleanour Sinclair Rohde.
- Herbs for the Kitchen, by Irene Goodrich Mazza.
- Herbarist, Annual publication of the Herb Society of America.
- Herbs, How to Grow Them and How to Use Them, by Helen N. Webster.
- Herbs, Their Culture and Uses, by Rosetta E. Clarkson.
- Magic Gardens, by Rosetta E. Clarkson.
- Magic in Herbs, by Leonin de Sounin.
- Modern Herball, by Grieve and Leyel.
- Old Time Herbs for Northern Gardens, by Minnie Watson Kamm.
- Salads and Herbs, by Cora, Rose and Bob Brown.
- Stina, The Story of a Cook, by Herman Smith.
- U. S. Department of Agriculture bulletins on herbs and drug plants.
- Herb Society of America's publications on Belladonna, Sage, Fertilizer Tests and the Home-Growing of Twelve Condiment Herbs.



